Stop the spread of germs that make you and others sick!

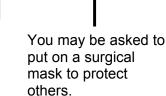


Cover your mouth and nose with a tissue when you cough or sneeze

> cough or sneeze into your upper sleeve, not your hands.



in the waste basket.









Wash with soap and water

> clean with alcohol-based hand cleaner.



ublic Health Seattle & King County HEALTHY PEOPLE. HEALTHY COMMUNITIES. Reproduced with permission from:





